# THREE PERMANENT JOBS

Every normal person has three ambitions to be realized by good judgment and self-control:

1. Perfect Physical Life.
2. Perfect Mental Life.
3. Perfect Spiritual Life.

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## FOR THE PERFECT PHYSICAL LIFE.

| CULTIVATE | AVOID |
|---|---|
| Nutrition | Hunger or Gluttony |
| Rest | Nervousness |
| Cleanliness | Filth, Inside & Outside |
| Exercise | Fatigue or Strain |
| Repair | Decay |

## FOR THE PERFECT MENTAL LIFE.

| CULTIVATE | AVOID |
|---|---|
| Perception | Indifference |
| Retention (Memory) | Inattention |
| Discrimination | Mediocrity or Inferiority |
| Assimilation (Adaptibility) | Monotony |
| Expression | Unsuitability |

## FOR THE PERFECT SPIRITUAL LIFE.

| CULTIVATE | AVOID |
|---|---|
| Love | Envy |
| Joy | Hatred |
| Peace | Malice |
| Long Suffering | Spite |
| Gentleness | All Uncharitableness |
| Goodness | |
| Faith | |
| Meekness | |
| Temperance | |

You are requested to make as many copies of the above as you want and to distribute them among the people of your acquaintance.